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Leading Down the Path of Success

London, England, November 1, 2006 – With over a decade of experience, success coaching expert Caroline Newman is taking her business in a major step further and has started Caroline Newman and Associates www.carolinenewman.com. With the goal of supporting clients in order to achieve their personal goals and aspirations, the company will be officially launched to the public in December 2006 in London.

Life Coaching is currently experiencing a wave of popularity. Once regarded as a valuable tool only for the affluent, it offers the potential to transform lives by providing the guidance and support necessary to lead users in the correct direction toward their dreams, goals and aspirations.

Coaching is not therapy or consulting. It draws from numerous disciplines, including psychology, Neuro Linguistic Programming (NLP), counselling, and sports coaching. Coaching is used as a tool for generating success, motivation, management and tangible results in both personal and business life.

Most people have a “dream in a drawer,” states London-based Success Coach Caroline Newman. “When someone tells me, I want to write a book, I ask, OK, where is the first chapter?” The fact is, sometimes we are so deep into our lives we lose sight of the big picture.” As a coach, Caroline stands on the sidelines, keeping clients focused, providing the right tools and strategies and continually holding them accountable for goals set.

Success coaches help clients to develop successful plans, stay focused and better use of time in order to provide more time with family, friends and loved ones as well as career changes and more money. Coaches help direct clients in times of confusion, assist with brainstorming to get new ideas, and offer support for new decisions. Through her coaching business Caroline will encourage and challenge clients to think about how they want their life and career to move forward. This is something which many of us are unable to do on our own.

“I’m excited about this program and have managed to achieve work life balance and am really keen to share my experience and know-how with my clients,” states Newman. “Over the years of coaching, I’ve built up a considerable number of positive cases where my clients have sincerely benefited from coaching. As an example, one of my clients was a hairdresser who wanted to start her own business and didn’t know where to begin. Her family was unsupportive, tried to hold her back and wanted her to play things safe. She had passion, energy and wanted to have a stab at her dream career and life. She

later ended up leaving her career as a lawyer and is currently the proud owner of a hair salon and in the process of opening her second shop.”

Coaching will illuminate “blind spots,” fresh perspectives and achieve solutions. Success coaches provide objective assessment to foster self awareness, awareness of others and also help teams to become more cohesive which in turn achieves improved results together. Coaching is also showing very tangible returns on investment.

A recent client wanted to change sales roles and started a new job with a cosmetic company. “After coaching sessions with Caroline I was the highest selling sales person Benefits ever had within the first week.” Based on this success, Ms. Newman has been in discussions to develop a coaching workshop for the entire UK based company.

The variety of services offered by Caroline Newman and Associates range from group email support to telephone support to a full one-on-one 10 month coaching program. For more information on Caroline Newman and her success coaching services for personal and business clients visit www.caroline-newman.com or email caroline@caroline-newman.com.

Caroline has been coaching people for over 10 years and through her success coaching businesses, www.caroline-newman.com and www.lawyersuccesscoach.com she has now combined her experience in professional practice, solid business insight, emotional intelligence and business coaching skills to provide first class coaching services to her clients and says she “ brings to all her clients the same level of commitment, enthusiasm and passion she exhibited in her legal career. “

Caroline Newman started her career in the accounting profession working for a FTSE 100 company, and then had a very successful career as a Policy Manager in local government where she helped to transform systems. She also worked as a Project Manager for a national charity where she co-wrote and edited a book on how to divert mentally ill people from the Criminal justice system. Next, she went on to qualify as a solicitor with one of the top law firms in the UK and took all of this experience to set up her own law firm and training company.

The goals of her new business are to:

- Share her secrets for success with people who want to realize their fullest potential
- Coach and empowering people to live a rich and rewarding life and achieve goals
- Provide advice that is honest and objective allowing clients to stay focused to better achieve their goals
- Empowering clients to define and achieve their goals

Caroline is currently in the process of writing a new book on coaching and motivating which will be ready for publishing in 1997.

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